**env6, Morning Star School Limited, Ghana**

**Ten ways to sustain t** **he environment:**

1. Turn off the water when you are brushing saves 10 quarts of water a time 500,000 quarts in a lifetime

2. Install flow water saves up to 50 percent water usage

3. Take the bus, ride your bike or walk at least once a week.

4. Reduce your meat consumption. It takes several times the land and water to produce meat as opposed to vegetables and wheat. You will be healthier too. If you’re worried about protein eat beans and remember some vegetables contain protein too.

5. Plant a tree; it is a good way to save our environment. Even we get shade and clean air from the tree “Go Green”.

6. Plant your own herbs and vegetables, use no chemicals and the food do not have to travel far to your kitchen, no fuel used.

7. **Reduce** and Recycle. Reduce your consumption there is less to reuse and recycle!

8. Don’t use plastic grocery store bags or if you can buy an environment product bag.

9. Use a drying rack or clothesline to save the energy.

10. Use a water filter to purify tap water instead of buying [bottled water](http://www.worldwatch.org/node/5063). Not only is bottled water expensive, but it [generates large amounts of container waste](http://www.worldwatch.org/brain/media/pdf/pubs/mag/EP172C.pdf).

**The six reasons to sustain the environment are the following:**

1. It could affect future generations; the actions taken by us as human beings now, is going to determine the environment the future generation could live in.
2. If we don’t sustain the environment now, we are going to be really sorry, because more ice sheets/glaciers causing several floods and causing sea levels to rise. 
3. The actions taken by us humans are killing innocent species, polar bears will soon have no habitat because of the melting ice sheets, and the result will be extinction of the innocent polar bears.
4. Coal being burned in factories to produce electricity, household waste and other harmful pollutants are the activities done by us humans, is releasing lots of carbon dioxide which is effecting the environment causing problems, such as, climate change. To sustain the environment we should not cut down energy consumption, reduce carbon emissions, and using better environmental friendly sources of energy.
5. The human activities are making the earth polluting too much that if we don’t stop now, our lungs will not be able to get fresh air and also there are going many diseases that can harm humans. To sustain the environment we need to stop polluting, such as using energy efficient cars, etc.
6. Sustaining the environment is really important because we rely on the health of the environment, especially nutrients from the ground. The plants and trees provide us with food, medicines, oxygen, and etc. To sustain our environment we should stop cutting down trees, so that it can still provide us with oxygen supply with other plant/tree nutrients.

**Pollution on The Environment**

The effects of chemical pollution are not only on the environment; harming plants and animals, but it also harms us humans, this happens because the chemicals react with the tissue in the body and change the structure and function of the organ, causing abnormal growth and development of an individual, or bind with the genetic material of cells and causing cancer.

**Atmospheric Pollution-**nitrogen dioxide (NO2), sulfur dioxide (SO2), and carbon monoxide (CO)

NO2 and SO2 combine with water forming acids; these chemicals contribute to long term destruction of the environment because of acid rain. This acid rain causes the problems to those species which cannot tolerate this acid rain: fish, insects, aquatic plants and bacteria, some even die. These chemicals are affecting their entire food chain. CO binds with metallic pollutants and causes them to be more mobile in theair and water.



**Water Pollution**

Fresh, clean and drinkable water is necessary but is a limited resource on the plant. Industrial, agricultural and domestic wastes can also contribute to pollution. The most common types of water pollutions are heavy metals, inorganic pollutants and organic pollutants. Heavy metals would be transition metals which damage internal organs. Inorganic pollutants make water undrinkable or unsuitable for the support of animal and plant life.

**Bibliograpgy**

1. [www.ncbi.nlm.nih.gov/pubmed/8222994](http://www.ncbi.nlm.nih.gov/pubmed/8222994)
2. library.thinkquest.org/CR0215471/**acid**\_**rain**.htm
3. [www.dailytrust.com.ng/index.php](http://www.dailytrust.com.ng/index.php)?
4. www.pegasuscom.com/levpoints/ecoeconomy.html